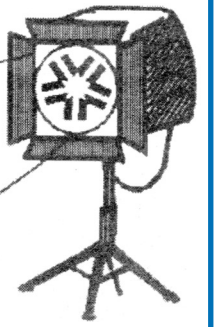




DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XX, ISSUE 1

A newsletter for D.C. Seniors

January 2005

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

2005 is an exciting year for the D.C. Office on Aging. We have much to look forward to. This year marks the 30th anniversary of D.C. Law 1-24, the legislation that established the D.C. Office on Aging. The D.C. Office on Aging has accomplished a great deal in its first 30 years, and we have much to look forward to in light of changing senior demographics.

Also, the White House Conference on Aging will be held this year. The District of Columbia, along with other states and jurisdictions, will participate in the policy discussions and recommendations for senior policy programs and services. Older baby boomers are extremely active and vital. They view aging differently than those who preceded them, and will have much to say about upcoming policy. An update on the White House Conference on Aging will appear in a future issue of "Spotlight on Aging."

Additionally, I am pleased to present highlights of the Office on Aging's accomplishments during Fiscal Year 2004, especially the office's recognition by Mayor Williams as the District's #1 Customer Service Agency. In the coming year, we expect to maintain our Gold Customer Service Standard in serving our customers, constituents and families. We will maintain this standard in partnership with our Senior Service Network of community-based agencies and the D.C. Commission on Aging.

To you and yours we extend gratitude and affection and our best wishes for a secure and healthy New Year.

Ms. Senior D.C. represents District at National Pageant

Ms. Senior D.C. Barbara Newman shows the award she received for her participation in the Ms. Senior America Pageant.



Ms. Senior D.C. Barbara Newman represented the District of Columbia in the Ms. Senior America Pageant held in Las Vegas, Nevada. Newman was one of 29 women from across the nation competing for the title. She is pictured here with the winner, Ms. Senior Colorado Michelle Rahn.

The Ms. Senior America Pageant is the world's first and foremost pageant to emphasize and give honor to women who have reached the "age of elegance." It is a search for the gracious lady who best exemplifies the dignity, maturity and inner beauty of all senior Americans.

This year, 29 mature women 60 and older competed in the Ms. Senior America Pageant. One of those women was Barbara Newman, 73, winner of the Ms. Senior District of Columbia Pageant.

"The competition was stiff. All of the women were well informed, as well as talented," said Newman. "I am sure the judges had a tough decision to make."

The women were judged on a personal interview with the judges, their philosophy of life, and a talent and evening gown presentation. During the talent segment, Newman sang a medley of "It Ain't Necessarily So," "Life is Like a Bowl of Cherries," and "I am Going to Live 'Til I Die." Newman wore a plum colored silk gown with asymmetrical sequin accents and a chiffon shawl.

Michelle Rahn, a retired teacher from Colorado, was crowned Ms. Senior America. She later told the audience that all of her friends did something different when they turned 60 — like climb a mountain. She decided to compete in the pageant for her milestone.

Rahn was also the first place winner of the Konze prize for her work with children. Upon hearing of the Columbine shooting, Rahn had a heart attack when she discovered she had taught one of the students involved in the tragedy. When she recovered, she began working to make a difference with Mothers of Pre-Schoolers, an organization that nurtures young mothers and their children.

Ellen Van Edwards, Ms. Senior D.C. 2003, won the third prize Konze Award in the 2003 pageant. Prize money is awarded to the children's organization that the contestant volunteers with. The money is awarded by the Louise and Phillip J. Konze Foundation.

The Ms. Senior America Pageant philosophy is based upon the belief that seniors are the foundation of America and our most valuable treasure. It is upon their knowledge, experience and resources that the younger generation has the opportunity to build a better society.

Women interested in participating locally in the Ms. Senior District of Columbia Pageant should call the chairperson of the pageant planning committee, Gwendolyn Coleman, at 202-289-1510, ext. 170 or 171.

Tap into a dedicated and experienced employment pool today Hire an older worker!

They are reliable, hard working and experienced. Employers interested in hiring a valuable resource may call the Office on Aging Older Workers Employment and Training Program at 202-724-3662.



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

Announcements

If you live in Wards 2, 5 or 8 and are 55+ years old and have asthma, please call our office to participate in the Greater Washington Urban League's Asthma Project for senior citizens. For further information, call Leanetta Obasanjo at 202-529-8701.

Cab Driver Alert for the Call N' Ride program in the District of Columbia: If you are a cab driver and want to increase your earnings, please call 202-529-8701 and speak with Judy Hooks.

Holiday Caution: The holidays for most of us are a time for celebration, but for many seniors, it can mean sadness and isolation. If you have a friend or loved one who needs support during this season, or if you notice unexpected changes in a family member, keep IONA Senior Services in mind. Call 202-895-9448 for advice and help.

January events

6th • 1 to 4 p.m.

Michael Knipmeyer answers questions about Medicare, HMOs, long-term care insurance, paying medical bills, paying for prescription drugs, and many other concerns facing seniors. Walk in or make an appointment by calling 202-895-9448.

6th • 2:30 to 4 p.m.

Tea with piano music at IONA. Join friends and neighbors for food, music and wonderful company. Free. For more information, contact Bill Young at 202-895-9446, byoung@iona.org.

7th • 6:30 to 10:30 p.m.

Family and Child Services of Washington, D.C. and Model Cities Senior Wellness Center presents its 4th Annual Holiday Red and Black Gala 2005. This will be held at Gallaudet University, Kellogg Conference Center. Donation: \$37 per person, including entertainment with live DJ, dinner, dancing and prizes. For tickets, come to 1901 Evarts Street, N.E. or call Monica Carroll at 202-635-1900.

10th & 11th • 9 a.m. to 12:30 p.m.

IONA, Janney Elementary School and the SPRY (Setting Priorities in Retirement Years) Founda-

tion are sponsoring Intergenerational Healthy Heart Workshops in the 5th floor lounge at the Friendship Terrace Retirement Community, 4201 Butterworth Place, N.W., on Monday, Jan. 10 and Tuesday, Jan. 11. We are looking for 15 seniors who are 60 or over for each workshop. Each senior will be paired with a 4th or 5th grader from Janney School and will participate in activities and discussions about ways to prevent high blood pressure. An earlier session of this research project was enjoyed by all. Snacks and lunch will be provided. For more information or to register for one of the workshops, please call Bill Young at IONA, 202-895-9446, byoung@iona.org.

18th • 11 a.m. to noon

"Pre-Inauguration Meditation Hour" is being held at UPO/Project Keen at the Phillip T. Johnson Senior Center. Participants will engage in heartfelt prayer, meditation and praise for the incoming government officials. If you are interested in attending, call Robinette at 202-584-4431.

20th • 6 to 7 p.m.

IONA Senior Services Volunteer Orientation will provide an overview of IONA Senior Services, a look at the issues of aging, and a description of the many opportunities IONA offers volunteers. For more information, call 202-895-9448.

24th and 31st • 10 a.m. to 3 p.m.

AARP Driver Safety Program - Participants must be 50 or over and must attend both five-hour sessions of this defensive driving class in order to pass the course and to qualify for the auto insurance discount many companies offer. The fee is \$10, payable on the first day of class. Call 202-966-1055 to register.

25th

Spend the day at the races with Model Cities Senior Wellness Center! Go on an outing to Charlestown Racetrack and Slots. Donation: \$15 (\$5 rebate). Money due by Friday, January 14th. Please call Monica Carroll for time and details at 202-635-1900, ext. 11.

27th • 4 to 6 p.m.

Medications and the Elderly Workshop is co-sponsored by IONA and the Washington Area Geri-

atric Education Center Consortium. The program will focus on the types of drugs commonly used by seniors and their possible side effects. Please call 202-966-1055 to register.

Ongoing

Mondays 9:50 a.m. and

Wednesdays 1 p.m.

Get fit with Vanessa! Vanessa Williams-Harvin, fitness coordinator, will conduct low-impact aerobics and Pilates classes for seniors at the Washington Seniors Wellness Center. The center is located at 3001 Alabama Ave., S.E. For more information, call 202-581-9355. A physician's statement is needed for participation.

Mondays and Wednesdays

• 1 to 2 p.m.

Computer classes for seniors will be given by the EOFULA Spanish Senior Center. Keep up with technology and learn the basics of the computer. For details, call Alberto at 202-483-5800.

Tuesdays and Wednesdays

• 8 a.m.

A walking program will be held at the Washington Wellness Senior Center, 3001 Alabama Ave., S.E. Join and receive free walking pedometers! For details, call 202-581-9355.

Tuesdays and Thursdays

• 11 a.m. to 1 p.m.

Model Cities Senior Wellness Center offers "Lifetime Fitness Program to Prevent Obesity." Learn fitness for life by integrating physical activities, nutrition and health education programs to prevent weight gain and combat obesity. The center is located at 901 Evarts St., N.E. For details, call 202-635-1900.

Now Forming: The Widowed Persons Outreach, based at Sibley Hospital and co-sponsored by IONA, is forming a bereavement support group for people who have lost a spouse in the last two years. The group will meet at IONA every Tuesday from January 18 through February 22. For more information or to register, contact Julie Potter at 202-364-7602.

D.C. Fire/EMS Offers Winter Safety Tips

As the weather gets colder and winter arrives, the D.C. Fire & EMS Department wants to remind everyone about important winter safety tips that can prevent fires in your home. Recent major fires in the District only help to show how critical it is to follow these safety reminders.

"Winter can be an especially dangerous time for home fires," said Fire/EMS Chief Adrian H. Thompson. "I hope everyone will take these life saving safety tips to heart."

Winter Home Heating

- Never leave a burning fireplace unattended.
- Put out fireplaces and embers before going to bed. Dispose of embers in a safety container, such as a metal bucket.
- Do not use your oven or stovetop for home heating.
- Be sure every level of your home has a working smoke alarm, and remember to change the batteries every six months. Plan and practice a home fire escape plan with your family.
- Have your chimney inspected annually and, if necessary, cleaned.

- Make sure your furnace is inspected yearly by a qualified specialist and serviced, if necessary.

Portable Space Heaters

- The D.C. Fire Code strictly prohibits the use of kerosene heaters in any location within Washington, D.C.
- Electric space heaters, electric oil or water radiators, and electric baseboard heaters are approved portable home heating devices.
- Always read the manufacturer's instructions before using any portable space heater.
- Never leave an operating portable space heater unattended or alone with children.
- Never use electric portable space heaters in bathrooms or near water.
- Keep at least 3 feet of open space around any portable heater.
- Check power cords regularly for frays and damage.
- Never run the cord for a portable space heater under rugs or carpeting.
- Avoid using extension cords unless absolutely necessary. If you must use an extension cord, follow heater manufacturer's recommendations.

SPOTLIGHT ON AGING

Spotlight On Aging is published by the Information Office of the D.C. Office on Aging for D.C. senior residents.

Advertising contained in the Senior Beacon is not endorsed by the D.C. Office on Aging or by the publisher.

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The D.C. Office on Aging does not discriminate against anyone based on actual or perceived: race, color, religion, national origin, sex, age, marital status, personal appearance, sexual orientation, familial status, family responsibilities, matriculation, political affiliation, disability, source of income, and place of residence or business.

Sexual harassment is a form of sex discrimination which is prohibited by the Act. In addition, harassment based on any of the above protected categories is prohibited by the Act. Discrimination in violation of the Act will not be tolerated. Violators will be subjected to disciplinary action.

The Office on Aging is in partnership with the District of Columbia Recycling Program.

D.C. OFFICE ON AGING NEWSLETTER

Highlights of Accomplishments in Program and Service Delivery by the D.C. Office on Aging during 2004

★ **Provided over 1.3 million nutritious mid-day meals to nearly 10,000 elderly Washingtonians in group settings and to the homebound.** We continue to be proud of our accomplishment of delivering nutritious mid-day meals to District seniors. We know that for many seniors in both group and home settings, this meal may sometimes be the only meal of the day, and the time they spend in group settings may be the only interaction they have with other seniors.

★ **7,889 District seniors received 234,451 hours of psycho-social counseling.**

★ **5,910 District seniors participated in health promotion, self-care, and wellness activities.**

★ **4,806 seniors participated in socialization activities.** Improved access to consumer information and assistance for District seniors in the areas of employment, education, and health and social services within DCOA as measured by customer surveys, job placements, number of people or percent of population served, and number of wellness centers.



1,600 seniors attended the Annual Senior Picnic sponsored by the Department of Recreation and supported by the Office on Aging.

★ **4,176 seniors received 14,154 hours of legal services.** The Office on Aging funds Legal Counsel for the Elderly (LCE) to provide legal assistance to seniors who cannot afford to pay private attorney's fees. LCE was able to exceed the goal of responding to 70% of elder rights assistance calls within two days by responding to nearly 93% within the allotted time span.

★ **3,225 hours of advocacy were performed on behalf of seniors in long-term care facilities.**

★ **2,756 District seniors received 30,868 hours of professional case management and assessment services.**



WEHTS transports the elderly to life-sustaining medical appointments and clinics daily.

★ **2,123 District seniors took 83,583 one-way trips to medical and other life-supporting appointments and services.**

★ **1,948 District seniors received practical lessons in nutrition education.**

★ **1,250 seniors participated in the BODYWISE Exercise Program.** The BODYWISE Program is a city-wide health and fitness program, co-sponsored and funded by the University of the District of Columbia's Institute of Gerontology and the Office on Aging.

★ **1,102 contacts were made in person, by telephone and through educational sessions to provide health insurance counseling.**

★ **863 District caregivers were provided with respite and other services to ease their caregiving burdens.** The D.C. Caregivers' Institute provides a one-stop centralized resource to help decrease the burden experienced by informal, unpaid family and friend caregivers to support them in their efforts to continue providing care to elderly relatives or friends.

★ **703 District seniors were provided individual expert nutrition counseling.**

★ **Placed over 606 District seniors in subsidized employment and training through the Senior Works, the Older Workers Employment and Training Program, the McMaster's Program and the Senior Service Network.** The Office on Aging is proud of this achievement, especially when the number of jobs is declining. The percentage of people who seek employment that are placed in jobs is perhaps a more meaningful measure than the number that are placed annually because many seniors are having to be retrained to be viable in today's employment mar-

ket. The fact that the Office on Aging Employment and Training Unit was able to place 46% of seniors who were qualified and seeking employment is a major milestone, perhaps exceeding the placement rate of the general population.

★ **453 seniors received 75,323 hours of homemaker and Alzheimer's Care services.**

★ **360 seniors used Call 'N' Ride Taxicab Vouchers.**

★ **Served 350 residents at the Washington Center for Aging Services (WCAS), the Office on Aging Nursing Facility.** The Office on Aging operates several group homes on the WCAS Campus and an emergency shelter for the homeless elderly. We are happy to report that nearly 90% of supportive residential facility clients report that the care received met their needs.

★ **292 seniors received services from the Spanish Senior Center, EOFULA.**

★ **223 seniors received 95,437 hours of geriatric adult day care services.**

★ **Supported Congresswoman Eleanor Holmes Norton's Annual Senior Legislative Day, which more than 200 seniors attended.**

★ **146 persons received services from the Oasis Senior Center for the homeless elderly.**

★ **45 seniors received 706 hours of heavy housecleaning.**

★ **41 seniors received services through the Extended Services to the Blind and Visually Impaired Program.**

**The city's population
65 years of age
and older increased
by 13% from
59,898 to 67,845
between the years
2000 and 2003.**

D.C. OFFICE ON AGING NEWSLETTER

★ **Served 19 grandparents/caregivers and 27 children in FY 2004.** Funded, jointly with the D.C. Department of Parks and Recreation, a **United Generations Camp** for grandparents who are primary caregivers of children aged 8 - 18 years. The camp provides one week of respite for the grandparents. If unable to find someplace for their grandchildren to stay, grandparents are able to bring their grandchildren, but the grandchildren are separated from their grandparents and have separate activities.

★ **Produced and edited 12 issues of the "Spotlight on Aging,"** a featured newsletter in the *Senior Beacon* newspaper with a readership of over 200,000 in the metropolitan area and whose circulation includes banks, stores, senior centers, hospitals and other venues.



Seniors connected with exercise at wellness centers

★ **The cornerstones of the DC Office on Aging's future programs are the Wellness Centers.** Yet unless we can document successes, there is no need to continue to build them. Therefore, we are happy to report that 61% of wellness center participants increased their awareness of and adopted healthy behaviors as indicated by improvements in their overall fitness levels because of their attendance at one of the District's three Senior Wellness Centers.

★ **Assisted with health fairs, town meetings, and attended various community meetings and citizen outreach initiatives.**

★ **Honored older Americans with several events, such as a caregivers fair and the Annual Senior Day at the D.C. Armory during May, which is nationally recognized as Older Americans Month.**

★ **Produced special events — including Centenarians Day (which honors those 100 years and older), Senior Day, the Annual Holiday Celebration, and Elderfest — which showcased the District's seniors, served as vehicles to introduce seniors to Office on Aging programs and other services available to them in the District, and advanced the Mayor's goals for an inclusive city.** Seniors reported that they became more knowledgeable of aging issues, that the social contact was beneficial, and that they had a positive image of aging. Each year the number of seniors attending our special events increases. This year the Office on Aging attracted 8,600 seniors, exceeding its attendance goal of 8,400 by 200.

★ **Sponsored the Ms. Senior D.C. Pageant.** The winner of the pageant, Barbara Newman, represented the District in the Ms. Senior America Pageant held in Las Vegas, Nevada.

★ **Staffed and supported the D.C. Commission on Aging and all its activities, which included the Annual Commission on Aging Calvin W. Rolark Intergenerational Poster Contest.**

★ **Co-sponsored the Alzheimer's Disease Demonstration in partnership with the Alzheimer's Association and Home Care Partners, and received a three-year Alzheimer's Disease Demonstration Grant**

Award from the Administration on Aging. The funding for the first year is \$384,666.

★ **Co-sponsored two domestic violence and abuse prevention workshops with the D.C. Department of Human Services and the D.C. Housing Authority for public housing managers on March 13 and March 19.**

★ **Sponsored a consumer-oriented Long-Term Care Insurance Brochure published by the George Washington University Health Insurance Counseling Project.**

★ **Legal Counsel for the Elderly (LCE) also serves as the Ombudsman for seniors in nursing homes and other assisted living facilities.** The LCE staff is constantly monitoring supportive residential facilities and resolving those

complaints that are proven to be of merit. Of those complaints, the LCE Ombudsman was able to resolve over 90% of complaints, far exceeding the 70% target.

★ **Co-sponsored two consumer fraud conferences with Legal Counsel for the Elderly, one for seniors and one for professionals, on topics related to the Do Not Call and Opt-Out Registries, Identity Theft, Check Cashing Services, Pay Day Loans, Automatic Withdrawal Traps, and Most Common Medicare and Medicaid Fraud Issues on April 16 and September 17.**

★ **Co-sponsored with Adult Protective Services (APS) and Legal Counsel for the Elderly a Roundtable for APS Workers and OoA Senior Service Network Case Managers on March 30.**

★ **Co-sponsored with Adult Protective Services (APS), the Justice Grants Administration and Legal Counsel for the Elderly a Roundtable for "abuse-related" organizations and the Senior Service Network to discuss issues related to serving the 60+ population on June 28.**

★ **Supported the drafting of the revision to the Adult Protective Service Law regarding self-neglect.**

★ **The Office on Aging is proud of its record of 100% completion of programs with outcome measures and the percentage of providers who met or exceeded performance outcomes.** During Fiscal Year 2004, the agency's first year in Performance Based Budgeting, our programs and providers were able to achieve 100% compliance and success in meeting and exceeding their goals.



Ten decades of living — still moving and making connections